

مستشفى الملك فهد الجامعي King Fahad Hospital The University

WHAT HAPPENS WHEN YOU QUIT SMOKING

Months

10

year

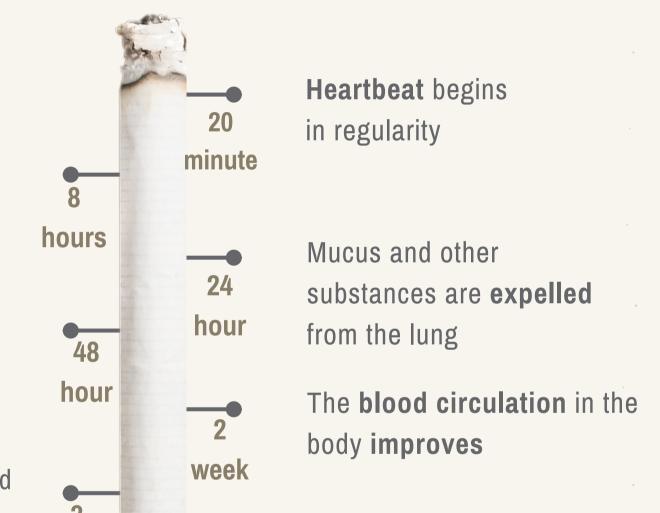
WORLD NO TOBACO DAY
YOUR HEALTH FIRST.. START NOW

Nicotine decreases and oxygen becomes normal

Taste and smell improve after nicotine leaves the body

Lung **function becomes** better and breathing and coughing problems improve

The risk of heart attack becomes equal to that of a non-smoker



Months

15

year

The **risk of heart** disease and stroke decreases

The risk of lung cancer decrease to half



وحدة التوعية الصحية Health Awareness Unit